

Shirts Without Fasteners

Bimanual dexterity and fine motor skills can be difficult for many individuals with DS, and difficulty with these skills can impact dressing.

There are (stylish!) options to promote independence with upper body dressing. Options may:

- **Eliminate need for fastening or zipping closures, which may speed up dressing and alleviate frustration**
- **Provide easy-close alternatives**
- **Resemble standard shirts, sweatshirts, and other tops**

While not an exhaustive list, some examples include:

- **Pullover shirts or t-shirts**
- **Shirts with magnetic and/or Velcro closures**
- **Attaching Velcro to existing shirts (i.e. over button holes)**

*These terms may be helpful in search engines or when online shopping

Other brands or helpful terms to search include:

- Tommy Hilfiger Adaptive
- MagnaClick brand
- Under Armour MagZip

Prices, fabrics, and availability vary, although options can be found at many common retailers such as Kohls, Target, Nordstrom, Macy's and Amazon.

Pullover



Magnetic Closure



Velcro Closure

